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Issue 102

14 October 2013

NEWS

Leisure improvements on track

Running track reopens and new-look Leyton Leisure Centre is also nearly complete

The athletics track at Waltham Forest Pool and Track has re-opened following a major overhaul. The refurbishment comes as part of an ambitious £24 million programme which will see all leisure centres in Waltham Forest improved.

The new-look track was opened on Friday 4 October. Representatives from leisure providers Better and local young athletes joined Council Leader Chris Robbins and Cabinet Member for Health and Wellbeing, Cllr Ahsan Khan, to celebrate the unveiling.

Work has included reconstruction of the back straight and 100m straight, resurfacing of the whole track, line marking and new beds for high jump and pole vault. The improvements bring the track up to the competition standard required by UK Athletics.

Chris Robbins, Leader of Waltham Forest Council, told Waltham Forest News: "One of our major pledges to make Waltham Forest a better

place is to give local people access to first-rate leisure opportunities. I hope the excellent new facilities at Waltham Forest Pool and Track and Leyton Leisure Centre will help inspire residents to get fit and stay healthy."

Work at Leyton Leisure Centre (formerly Leyton Leisure Lagoon) is also making good progress. The centre was closed earlier this year to make way for brand new facilities including a 25m pool, teaching pool, water flume and play features, sauna and steam cabins, two studios, a crèche and new changing facilities. The centre will open on Monday 28 October. Keep an eye out for more information in the next Waltham Forest News.

More info

For more information visit www.walthamforest.gov.uk/betterleisure or phone 020 8496 3000. For more information about sports clubs visit www.walthamforest.gov.uk and search 'sports clubs'.



The newly-refurbished athletics track at Waltham Forest Pool and Track is now open



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£120,000 fraud exposed



Three Walthamstow residents have been found guilty of housing benefit fraud by Snaresbrook Crown Court

A Walthamstow couple who perpetrated a series of frauds that cost the public purse more than £120,000 were sentenced at Snaresbrook Crown Court on Tuesday 1 October.

An investigation by Waltham Forest Council and the Department for Work and Pensions (DWP) revealed that when Teresa Belton-Martin and Abrar Abbasi moved into his property in Belle Vue Road, Walthamstow in December 2005 Belton-Martin failed to notify the authorities that she was living with her 'landlord' as husband and wife.

Mr Abbasi disguised his identity by changing his name by deed poll, then he changed the name on the title deeds and mortgage to 'Abdullah Khan', to whom the Housing Benefit was paid.

He then transferred the property and mortgage to his sister, Asia Ahmed, and notified the Council that she was the new landlord. Finally he took back the mortgage, transferring

it into the name 'Abrar Khan'

All three defendants pleaded guilty. Teresa Belton-Martin received an 18 month sentence, suspended for 2 years, plus 200 hours community service. She is also subject to a curfew that sees her confined to her home between 9pm and 6am for four months.

Abrar Abbasi was given an 18 month custodial sentence to be served consecutively to a current sentence he is serving, and Asia Ahmed was ordered to carry out community service, with an 18 months supervision order.

More info

If you know of anyone committing fraud phone the Council's Counter Fraud Group on **020 8496 4299** or write to **PO BOX 193, London Borough of Waltham Forest, Town Hall, Forest Road, E17 4JA**. All information will be treated confidentially.

In my opinion



Sally Shanley

Macmillan Breast Care Nurse Specialist, Whipps Cross University Hospital

October is now widely recognised as breast awareness month, and has helped us become more aware of breast health. Unfortunately around 150 people a day are diagnosed with breast cancer in the UK, that's about one every ten minutes. But the good news is that survival rates are improving. This is probably because of more targeted treatments, earlier detection and better breast awareness.

Eighty per cent of breast cancers occur after the age of 50, which is why it is so important to

take up your three-yearly invitation to the national breast-screening service as, on the whole, the earlier a breast cancer is diagnosed the easier it is to treat. Over 80 per cent of women with breast cancer are still alive five years after diagnosis.

If you are over 70 you won't receive automatic invitations to breast screening but should instead ask your GP to refer you. It is vital that you still attend.

So that's enough of the facts and figures, how do you go about being breast aware?

Your breasts are changing constantly throughout your life, from

puberty, adolescence, childbearing and menopause (or the change of life). This is because of the fluctuating hormone levels in your body.

There is no right or wrong way to check your breasts. You should get used to looking at and feeling your breast regularly (it isn't uncommon for patients to tell us that their partner actually discovered their breast lump). Remember to check all parts of your breast, your armpits and up to your collarbone.

Try to be aware of any changes that are different for you. It is good to check your breasts when you are in the bath or shower, getting

dressed or when applying body lotion.

And this advice isn't just for women, as around 400 men in the UK are diagnosed with breast cancer every year.

Should you be concerned about your breasts or be diagnosed with breast cancer there is lots of help and support available. Bart's Health

have specialist multi-disciplinary teams to treat and support you, Breast Cancer Care have a variety of resources. You can phone them on **0800 800 6000** or visit **www.breastcancercare.org.uk** and Cancerkin are setting up services in east London to provide support. Phone **020 7830 2323/2310** or visit **www.cancerkin.org.uk**

Want to have your say?

If you live or work in Waltham Forest, have something you'd like to get off your chest, and can do it in around 300 words; Waltham Forest News wants to hear from you. Email the Editor at: walthamforestnews@walthamforest.gov.uk and tell us what you'd like to write about.

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Visit www.walthamforest.gov.uk
E-mail Wfdirect@walthamforest.gov.uk
Call 020 8496 3000



Waltham Forest News

Editor: Jenny England

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email walthamforestnews@walthamforest.gov.uk or phone 020 8496 3000.

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Words over Waltham Forest

A new borough-wide festival dedicated to the written and spoken word will be launched later this month, and residents of all ages are being encouraged to take part.

Words over Waltham Forest (WoW), which has been jointly organised by Waltham Forest Council, Artillery, Waltham Forest Arts in Education, LDX (formerly Mencap) and Apex Arts, and funded by the Council, will include over 100 events at venues across the borough.

The festival will be launched at Walthamstow Library (High Street, E17 7JN) on Friday 25 October.

Carol Ann Duffy, Britain's first female Poet Laureate and renowned crime writer Martina Cole are two of the special guests taking part in the festival which runs until Sunday 17 November.

Martina Cole will appear at North Chingford Library (The Green, E4 7EN) on Monday 28 October, and you can hear poetry from Carol Ann Duffy at an event at Walthamstow Assembly Hall (Town Hall Complex, Forest Road, E17 4JF) on Saturday 2 November. Book tickets for the event at www.carolannduffywf.eventbrite.co.uk.

WoW events such as creative

writing workshops, literary-inspired art exhibitions and reading sessions will take place at libraries, pubs, streets, cafes, online and even at a launderette.

Cllr Ahsan Khan, Cabinet Member for Health and Wellbeing, told Waltham Forest News: "I am particularly pleased to see a festival programme where talent from Waltham Forest's own creative community rubs shoulders with celebrated literary names like Poet Laureate Carol Ann Duffy and Martina Cole.

"I am proud to introduce such an extraordinary line up for our first

borough-wide literary festival with a packed programme of events that invites people of all ages, backgrounds, interest and ability to come together."

The festival will run until Sunday 17 November, so why not take a look at the programme and get involved?

More info

You can view the full WoW festival programme by visiting www.wordsoverwalthamforest.co.uk. You can also follow the festival on Twitter @WFWords. Free internet access is available at all libraries in the borough.

In brief

Stop and search report

Waltham Forest's Youth Independent Advisory Group (YIAG), which is made up of young people and acts as the borough's young voice on crime and disorder issues, has produced a report looking at the experiences and perceptions of stop and search among the borough's young people. The report offers valuable insight into experiences of stop and search situations among the 174 young people aged 14–21 from Waltham Forest who were surveyed. The report will be used to inform and train police how to prevent conflict with young people in future stop and search situations.

• Visit www.walthamforest.gov.uk and search 'YIAG' or phone 020 8496 3000

Kitchener clean-up

A local residents' group have been awarded funding from the Mayor of London for a community clean-up of a well-used path that runs beside the A406 from Kitchener Road to Garner Road, often referred to as Kitchener Path. Plans include planting bee-friendly plants and turning areas into wild meadows. Waltham Forest Council will be supporting the group, but anyone else who wants to muck in is more than welcome. The clean-up will be happening on Saturday 19 and Sunday 20 October between 10am and 2pm.

• For more information please email Mark Fisher at dr.m.fisher@gmail.com or simply turn up at 10am and join in. Information on this and similar activities can be found at www.projectdirt.com

Leyton Jubilee Park

A free family fun day will be held at Leyton Jubilee Park on Friday 25 October to mark the opening of the new play equipment and the new bridge that has been constructed at the Marsh Lane entrance to improve access for residents. Activities on the day will take place between 1pm and 6pm and include basketball, instructor-led sessions on the junior and adult outdoor gyms, face painting, a bouncy castle, children's entertainment and refreshments.

• For more information about the range of leisure improvements Waltham Forest Council is making throughout the borough visit www.walthamforest.gov.uk/leytonjubileepark Free internet access is available at all libraries in the borough.

William Morris Gallery in the spotlight



An exhibition by acclaimed British fashion designer Giles Deacon has opened at the William Morris Gallery

Since undergoing a multi-million pound refurbishment in 2012, the William Morris Gallery has continued to go from strength to strength. As well as winning the Art Fund Prize for Museum of the Year 2013, the gallery has hosted a number of prestigious exhibitions, including East End Faces by legendary photographer David Bailey and Turner Prize-winning artist Grayson Perry's Walthamstow Tapestry.

And the trend is continuing, as a new exhibition by acclaimed British fashion designer Giles Deacon opened at the gallery last weekend.

The Giles Deacon exhibition tells the story of one of his latest catwalk creations; from the first concept to the choice and manufacture of materials and the art of making the garment.

Giles is known for his evocative and extravagant designs which are inspired by everything from pop culture to William Morris himself. The show is the gallery's first ever fashion-based exhibition and is on display until Sunday 15 December.

Also currently on show at the gallery is an exhibition by local artist photographer Nicola Tree. 'The Makers' looks at designers and makers who work in spaces from tiny garden sheds to kitchen

tables and railway arches and sell their creations in some of London's grandest stores. Nicola photographed these creative artists in action in a bid to capture the emotion and intricacy of their craft. The exhibition will be displayed in the gallery's Tearoom and Discovery Lounge and runs until Sunday 24 November.

And the gallery itself is set to star on the small screen early next year, as BBC TV presenter Ian Hislop will be interviewing renowned conceptual, video and installation artist Jeremy Deller who won the Turner Prize in 2004.

Jeremy will talk about the William Morris Gallery, life and works of William Morris and his own forthcoming exhibition English Magic. Jeremy's exhibition forms part of a national tour which will be launched at the William Morris Gallery and is also the only London venue hosting the tour. The exhibition will run from Saturday 18 January to Sunday 30 March 2014.

The William Morris Gallery is open Wednesday to Sunday, 10am to 5pm. Entry is free.

More info

For more information visit www.wmgallery.org.uk or phone 020 8496 4390.

4 Priorities

Gangs: Enough is Enough

Waltham Forest Council has four key priorities to help improve the lives of residents. In this edition we look at what is being done to make our community a safer place by working with young people at risk of joining gangs.



Waltham Forest's 'Enough is Enough' Gangs Prevention Programme was launched almost three years ago with £1 million of funding from the Council going towards the total £3.25 million cost of the project.

The programme is unlike any other method of dealing with the issue of gangs in London, providing an innovative comprehensive approach to targeting both the gangs themselves and the reasons behind involvement with gang activity.

The programme has drawn together specialists from across the Council and its partner organisations, including the police, members of the Council's worklessness and poverty teams, school representatives, Victim Support, housing organisations and others.

Cllr Liaquat Ali MBE JP, Cabinet Member for Community Safety and

Cohesion, explained to Waltham Forest News how the programme works. "Central to the success of the programme is a recognition that in order to help people on the brink of joining a gang, and persuading current gang members to break out of that vicious cycle, is the need for realistic, viable alternatives.

"Providing help that is very particular and specific to the needs of the individual is crucial, and ensuring that all the agencies that can provide that help are signed up to the programme has been a key element."

The programme also works on the understanding that putting families at the centre of the process is fundamental. The first hurdle is to engage with those young people either at risk, or actually involved in gangs, and that can rarely – if ever – be sustained without the participation of their families.

A number of different strands of work complement each other in achieving the goal of providing real and meaningful help to turn people's lives around. An expert Family Partnership Team works with high-risk gang members and their families.

The local community has established A Better Way Partnership (ABWP) that taps into the knowledge, skills and expertise possessed by people in the borough who work to engage young people.

And the Council's worklessness programme, Going the Distance, provides a vital element in offering individual solutions to young people who want to leave their gang lifestyle to find employment or education.

Working with the range of interested parties in the borough to find ways to help people out of the life is achieved by cooperation and joint working. On the other side there is also close cooperation with the

police in providing the necessary enforcement against gang activity too.

"It's really important that we support the police to clamp down hard on those people involved in gangs," said Cllr Ali. "We cannot lose sight of the fact that enforcement against those people unwilling to engage with the programme is also an important element.

"We need to ensure we have the backing of the whole community and that means we need to combat the issues that impact on our residents, from the crimes they commit, to the harm they do to others and the fear they instil in communities.

"Getting the message out there that it's simply not a valid or viable 'career choice' is another key part of the programme. And I believe we have had some degree of success in letting people know that if you choose to be associated with a gang

in Waltham Forest, you will be called to account for it.

"The programme is in many ways breaking new ground all the time so it is important to understand where we are having the most impact," said Cllr Ali. "We're satisfied that 'Enough is Enough' is making a difference and Waltham Forest is a safer place because of it. But this kind of change does not happen overnight and we'll continue to work hard to support families at risk."

More info

An overview of the Enough is Enough Gang Prevention programme is available on the Council's website at www.walthamforest.gov.uk including details of the various elements, case studies and figures around enforcement. Free internet access is available at all libraries in the borough.

What you say

Residents tell Waltham Forest News what they think about making the community safer



Sarah Pipe, Walthamstow



Miss Andrews, Chingford Mount



Maurodos Santos, Chingford Mount



Mr Woods, Chingford Mount



Albert Hale, Chingford Hale

"The Council and the police should do more to stop spitting on the street. More bobbies on the beat would help – police presence acts as a deterrent for this kind of behaviour."

"Dealing with anti-social behaviour and crime can be very upsetting. It can be very difficult to deal with, but the Council should do more to work with people who have the power to intervene when anti-social behaviour occurs. The Council needs to work with the local community on where people found guilty of anti-social behaviour are rehoused."

"The Council could do more to make people safer. Young people should be made more aware of programmes like your anti-gang work so they know who to turn to – perhaps the Council could work more with schools to make sure information is more widely available."

"There's never anyone around to stop anti-social behaviour – it would be good to see a police officer around every now and again. The Council needs to say more about what they do on crime and anti-social behaviour – it would help to reassure residents."

"I quite often see kids drinking and doing drugs near where I live, but the police patrol quite often and are usually fairly quick to respond. I've lived here a long time and you don't get much trouble round here."

Priority: Making our community a safer place

Commitment:

- Continue to pay for extra police officers
- Work with our young people at risk of joining gangs to make sure they have a positive alternative
- Create an anti-social behaviour task force to tackle anti-social behaviour throughout the borough
- Target bad landlords and support good ones

Priority: Helping you and your family

Priority: Keeping our borough clean

Priority: Bringing you better shopping, streets and leisure

NAME & FAME

Waltham Forest Council's campaign to combat enviro-crime is coming on leaps and bounds, with the message 'Don't mess with Waltham Forest' being heard loud and clear. Local businesses have joined in the campaign, signing up to the Business Litter Pledge that agrees to clear up outside their premises on a regular basis.

The following businesses are the latest to sign the Pledge:

Who?	Daisy's Coffee Bar
Where from?	176 Hoe Street, Walthamstow
Who?	Razmin Tandoori
Where from?	22 Hoe Street, Walthamstow
Who?	Tasty & Pizza
Where from?	122 Hoe Street, Walthamstow
Who?	Best Charcoal Grill
Where from?	12 Hoe Street, Walthamstow
Who?	Tabaq Chicken and Pizza
Where from?	10 Hoe Street, Walthamstow
Who?	Uptown Appointments
Where from?	181 Hoe Street, Walthamstow
Who?	BB Café
Where from?	314 Lea Bridge Road, Leyton
Who?	Prima Local Ltd
Where from?	143 Carr Road, Walthamstow
Who?	KFC
Where from?	283 High Road Leyton
Who?	KFC
Where from?	638 High Road Leytonstone
Who?	Lucky Star
Where from?	64 Hoe Street, Walthamstow
Who?	McDonalds
Where from?	258 Hoe Street, Walthamstow
Who?	Western Fried Chicken
Where from?	478 Hoe Street, Walthamstow
Who?	McDonalds
Where from?	865 High Road Leytonstone

• If you're a local business and want to sign up to the litter pledge email your details to highways.enforcement@walthamforest.gov.uk

More info

To find out more about the 'Don't mess with Waltham Forest' campaign visit www.walthamforest.gov.uk/dontmess. Report an enviro-crime by visiting www.walthamforest.gov.uk/report-it or phone Waltham Forest Direct on 0208 8496 3000.



The Council's Enforcement Officers issue a fixed penalty notice

Enviro-crime enforcement

- 'Don't Mess' campaign targets enviro-criminals – day and night
- Night time enforcement sweep catches another spitter in the act

As you'll have read in the last edition of Waltham Forest News, Thames Magistrates' Court recently agreed with the Council's view that spitting could be classed as waste and accordingly dealt with by fixed penalty notices (FPNs).

In a recent night-time offensive to catch enviro-criminals out and about on the streets of the borough yet another spitter has been issued with a fine of £80 for his disgusting anti-social behaviour.

"I went out with the team on the evening of Thursday 3 October to get a feel for the sort of thing they do," explained Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment.

"As you can imagine our Enforcement Officers have to put up with a fair bit, but they are absolutely essential if residents and businesses are going to take seriously what we are trying to achieve with our 'Don't Mess' campaign."

The aim of the campaign is not to fine lots of people for committing enviro-crimes, but to lead to a change of culture. Making the kind of offences being targeted socially unacceptable to all – they are already to most – is the only sure way to stamp out the problem entirely.

However, the Council understands that there needs to be a real and present deterrent available to make sure the message gets through to the anti-social minority who continue to drop litter and cigarette butts and even spit or urinate on the streets of the borough.

The enforcement operation on Thursday 3 October not only included Cllr Loakes, but also reporters from both Waltham Forest News and the Waltham Forest Guardian.

The sweep began in Chingford Mount Road, where a number of rubbish bags were found dumped on the highway in two locations.

Despite rummaging through one (the life of an Enforcement Officer is not always glamorous!) proof of who the waste belonged to was not found.

In the second location the owner of a shop was warned about putting her rubbish out on the wrong day. The news was not taken very well by the owner who had previously been spoken to by officers – again, it's not easy being an Enforcement Officer.

The team then moved down to Leyton and patrolled an area notorious for various enviro-crimes including public urination. While no one was caught relieving themselves in the street, a man was spotted spitting on Leyton High Road and duly fined.

Since the Council achieved two successful prosecutions against people caught spitting in Waltham Forest a couple of weeks ago, reaction from around the country – and even further afield – has been hugely supportive of the stance.

Comments posted on national newspaper websites running the story have included, 'Please, please, please bring this law to apply in Highfields Leicester! Every five minutes there is a lump of it outside my front door or at the back of my car.'

As well as, 'About time this vile unhygienic filthy habit was stopped' and 'Overdue. Filthy, moronic and selfish habit.' Polls on local newspaper websites in Sutton and Ilford asking readers for their opinions have also shown overwhelming support for the idea.

Councils up and down the country have also expressed interest in following the lead of Waltham Forest. Councillors from Cardiff to Edinburgh have called for the remit of their Enforcement Officers to be widened to include handing out fines for spitting.

More info

For more information visit www.walthamforest.gov.uk/dontmess or phone 020 8496 3000.

Road and footway improvements

- An extra £2million to be spent on the borough's roads and pavements
- Potholes are also being filled to help keep roads safe for all



An extra £2million is being spent on improving roads and pavements in Waltham Forest

More than 30 of the borough's streets are set for a facelift after an extra £2 million was set aside for road and highways improvements earlier this year.

The additional funding will see footways resurfaced, with works set to begin this November and be completed by March 2014. And there is also good news for road users, as £300,000

is currently being spent on repairing potholes across the borough.

Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment, told Waltham Forest News: "As part of the 'Creating a better place' campaign the borough is benefiting from investments totalling £160m to deliver major regeneration projects. This is just one element in a much wider programme of developments and enhancements for the borough.

"Around £1.7m is being invested in making improvements to 30 mainly residential streets with a particular emphasis on raising the standard of the footways. The additional £300,000 will allow us to repair potholes on the borough's roads.

"It's very important to residents – whether they walk, drive or

cycle – that we maintain surfaces and keep them safe. And tackling potholes quickly also allows us to prolong the life of our road network and mitigate against third party claims."

The Council's highways maintenance team is already hard at work fixing Waltham Forest's problem potholes, with around 75 per cent of works already complete and the rest in progress.

The team is responsible for the maintenance and enforcement of approximately 405 kilometres of highway throughout the borough.

More info

For more information on highway maintenance visit www.walthamforest.gov.uk and search 'roads and highways' or phone 020 8496 3000.

In brief



Snow Angel Bob Allan doing his bit for the residents of Walthamstow. Photo by Cleveland Park Residents' Association

Snow Angels

Waltham Forest's Snow Angels have played a vital part in keeping the borough moving during wintery conditions over the last three years, and the Council wants more people to sign up and do their bit for their neighbourhoods. The scheme helps residents clear snow from side streets by providing volunteers with a 20kg bag of grit, a branded hi-visibility vest, gloves and a snow scoop or shovel. There are now over 500 Snow Angels across the borough; including residents, Councillors and Council staff, who help make paths safe for neighbours who may be nervous about going outside for fear of slipping.

• If you would like to become a Snow Angel please email environmental.services@walthamforest.gov.uk or phone 020 8496 3000.

Better Housing
2013

Do you know of any empty properties on your street?

There is approximately one empty property on every street in the borough that could potentially become a new home for a family or individual.

We need your help. If you know of an empty property such as a house or flat above a shop, please email the address to empty.property@walthamforest.gov.uk or phone 020 8496 3000.

The Council can then contact the owner and try to get it put back into use.

Empty Property Scheme

For more information visit www.walthamforest.gov.uk/emptyproperties

Keep Your Independence

**Falls are NOT just a part of growing older.
Speak to someone!**

FREE

- Free worn ferrule exchange
- Free sloppy slipper exchange
- Information packs
- Tai Chi taster session
- Free health checks
- Demonstration on how to get up after a fall
- Warmth packs, ice grippers for shoes and walking sticks for people on Pension Credit
(Please bring a copy of your pension credit award letter with you)
- Launch of the Age UK Waltham Forest and Walthamstow Academy Wellbeing Hub
- And much more

**An event for older people,
their carers, relatives and friends**

Wednesday 30 October 2013

1pm – 4pm

Walthamstow Academy
Billet Road, Walthamstow, E17 5DP

Event opened by **Councillor Angie Bean**



YOUR OPINION COUNTS

Do you own or manage a local business?

We've appointed a commission of experts to develop some recommendations on how we can help the borough's economy grow. If you own or manage a local business in Waltham Forest, the commission wants to hear your views on how we can create a prosperous borough.

Tell us your views at a business breakfast workshop, taking place between Wednesday 23 and Friday 25 October. This will be an excellent opportunity to:

- Hear about the work of the Growth Commission and how it could benefit local businesses.
- Discuss the state of the local economy and business environment.
- Identify the opportunities and priorities to help grow the local economy and support local businesses.
- Network with other local businesses.



If you are interested in attending a business breakfast workshop, or would like to send us a recommendation please email consultation@walthamforest.gov.uk and we will contact you with more information.

www.walthamforest.gov.uk/makeitcount



Chingford



Residents enjoying last year's 'Autumn Tints' tree identification walk in Ainslie Wood.
Photo by Ron Andrews

Among Friends

- Friends of Ainslie and Larks Woods help keep Chingford's forests looking their best
- Join the group for workdays and guided walks this November

With Waltham Forest often being cited as one of the greenest of the 32 London boroughs, there are plenty of places for you to take a stroll and explore open spaces. And in Chingford a group of dedicated residents have been doing their bit to improve their local woodlands.

The Friends of Ainslie and Larks Woods was formed in early 2004, after a group of residents decided they wanted to do their bit to keep the woods looking their best.

Pam Sable, Secretary of Friends of Ainslie and Larks Woods, told Waltham Forest News about the club's roots: "It started off that a few of us who used to go walking in the woods would pick up litter each time we went. We got together and approached the Council to find out if we could form a proper working group to help maintain the woods.

"The officer we spoke to explained that we could start up our own 'Friends' group and we

went from there. We now work to a proper management plan formed by a conservation officer."

The group meets for workdays at 11am on the second Sunday of each month at the Normanshire Drive entrance to Larks Wood.

"The workdays are a great way to get active in the fresh air, do your bit for the local area and meet likeminded, friendly people."

The members undertake conservation work such as opening glades, cutting back brambles, maintenance work on the pond in Ainslie Wood and litter picking.

Pam said: "We'll meet up at 11am and work together until around 1pm. Then my husband, who we jokingly call the catering manager, will get out some flasks of tea and we'll sit and have a cuppa and a chat in the woods!"

"The workdays are a great way to get active in the fresh air, do your bit for the local area and meet

likeminded, friendly people."

Over the years the Friends have created nature trails in both woods and a free booklet which accompanies each of the trails can be found at Hale End Library, North Chingford Library and The

Bookshop (135 Station Road, E4 6AG). Part of the trail in Larks Wood is suitable for wheelchairs and pushchairs as it follows a tarmac path.

A number of nest boxes, which were made by the group and local scouts, can be seen on the trails. Most of the boxes are regularly occupied by blue tits, great tits and the occasional squirrel!

The woods are home to a variety of birds such as great spotted woodpeckers, blue tits, robins, wrens, long tailed tits and jays.

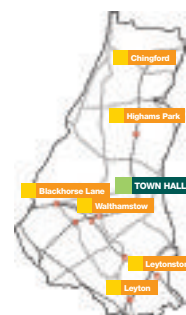
You may even see a tree creeper, a nuthatch, a black cap or a tawny owl.

There are two chances for you to meet the Friends next month. The monthly workday will take place on Sunday 10 November, and a free guided walk 'Autumn Tints' will take place on Saturday 2 November. You can join the friends for a stroll around Larks Wood following the nature trail, and knowledgeable members will help you identify different types of tree.

Pam added: "We're a very friendly, welcoming group and we'd be delighted if more people wanted to join us, whether it was once a year or every month. I'd encourage anyone who is interested in finding out more to come and meet us."

More info

For more information about the Friends of Ainslie and Larks Woods visit www.wf-community.org.uk/larkwood or phone Pam Sable on 020 8524 5794.



In brief

Charity auction

A signed England football shirt and a week's holiday in Norfolk are just two of the lots on offer at a forthcoming charity auction night. The auction takes place at St Edmund's Church Hall (216 Chingford Mount Road, E4 8JL) on Saturday 9 November and all proceeds go towards the Cinnamon Trust. Entry is free and all lots start at just £1.

• For more information phone Sarah on 020 8523 9937 or 07732 306 543.

Get rockin'

It's time to dust off those drainpipe trousers and dig out your crepe soled shoes, because Freddy Boy's Rock n Roll Night is returning for a special charity event. Taking place at Chingford Assembly Hall (Station Road, E4 7EN) on Friday 22 November, the evening will include a live performance from rock and roll band Good Rockin' Tonight and DJ Marx JukeBox Jive. Tickets cost £12 in advance, with a limited number available on the door. All proceeds from the evening will go to Hopes and Dreams – a charity for critically ill children.

• For more information, or to buy tickets, phone Ron or Anny on 020 8505 9274 or send a cheque and SAE to A. Wortley-Millek, 40 Forest Approach, Woodford Green, Essex, IG8 9BS.

Charity quiz

A charity quiz in aid of Breast Cancer Care will take place at St Edmund's Church Hall (Larkwood Road, E4 8JL) on Saturday 26 October. Tickets cost £8 per person, which includes a Ploughman's supper. Doors open at 7pm, with the quiz starting at 7.30pm.

• To reserve a place phone 020 8527 5111.

CADOS presents 'Teechers'

Theatre fans will be delighted to hear that the Chingford Amateur Dramatic and Operatic Society (CADOS) are set to present their version of John Godber's comedy play 'Teechers'. The production will run from Wednesday 30 October to Saturday 2 November, with performances taking place at Mornington Hall (The Green Walk, Chingford, E4 7EN) at 7.45pm every evening, as well as a 2.30pm Saturday matinee. Tickets cost £9.50 or £8.50 for seniors on Wednesday evening and the Saturday matinee.

• To buy tickets visit www.ticketsource.co.uk/cadoschingford or phone 020 8524 4380.

Sports and fitness

Circular Flow Yoga

Tuesdays, 7.15–8.15pm

Foster Hall, Wellesley Road, E17 8JZ
Join us for this Hatha Vinyasa style yoga class. £10 drop in or £35 for five consecutive classes. **For more details email sherene@circularflowyoga.co.uk or visit www.circularflowyoga.co.uk**

Free Tai Chi lessons

Saturdays, 3–4pm

Community Room, Aveling Centre, Lloyd Park, Forest Road, Walthamstow
Learn Together Tai Chi is about different generations learning Tai Chi, having fun and getting fit to beat the dark winter ahead. To be eligible, you must come with a family member or friend who is in a different generation to you. We are particularly targeting grandchildren (over 11s) pairing up with grandparents. Places limited. Booking essential. **For more info and booking email info@daolu.co.uk or phone 07713 152999.**

Iyengar yoga classes

Saturdays, 9–10am

St Andrew's Church, St Andrews Road, E17 6AR
The practice of Iyengar yoga is suitable for all regardless of flexibility and age. Iyengar yoga helps gain good health, mental peace, emotional equanimity and intellectual clarity. £7.50 per class, beginners welcome. **For further info phone [Nicholette on 07962 424460](tel:07962424460).**

Pilates

Saturdays, 9–10am

Studio 1, Church Hill Studios, Stainforth Road, E17 3RY
The Pilates method is a form of exercise that will stretch, strengthen, mobilise and stabilise your body. The result is excellent posture, coordination and balance that will help you prevent injury in your everyday life, whether you're lifting your shopping bags or running for the bus. Mixed level class. All equipment provided. £10 drop-in or £45 for 5 classes. **For queries email adele.simor@gmail.com**



London East Aikido

Tuesdays and Fridays

The Hall, West Avenue E17 9QN
We are a small group studying the Japanese art of Aikido. Classes are suitable for both men and women (please note these are adults only) and cost £7.50 per session. You are also welcome to come along and watch a class before starting.

For more information visit www.londoneastaikido.co.uk

Yoga in Lloyd Park

Sundays, 9.30am and 11am

Aveling Park Bowling Pavilion, Lloyd Park, Forest Road, E17 4PP
Get a Sunday morning boost with hatha yoga classes. Suitable for first timers, beginners and intermediate levels. £8 per class. Please book your mat by email yogamehappy@yahoo.co.uk. Find out more at www.yogamehappy.co.uk



Circle Dance Day

Saturday 23 November, 11am–4pm

The Welcome Centre, 8 Church End, E17 9RJ
No experience or partner needed, all welcome. Cost £15 waged or £12 unwaged. Bring food to share. **For more information phone [Pat on 020 8556 3508](tel:02085563508) or email jean.duggleby@virgin.net**

Pegasus Military Fitness

Tuesdays, 7pm and Saturdays, 9am

Meet Tuesdays at New Road car park Chingford E4 9EY. Meet Saturdays at Bury Road car park Chingford Plains. Group fitness classes run by motivational instructors. First session free then £5 per session pay as you go. **For further details visit www.pegasusmilitaryfitness.com or phone 07866 658735.**

Friends of Ainslie and Larks Woods walk

Saturday 2 November, 10.30am–12.30pm

Meet at Larkswood Playing Fields, Normanshire Drive entrance, Chingford, Join us for Autumn Tints – a free walk around Larks Wood following the route of the nature trail and tree I.D. Children and well-behaved dogs welcome if accompanied by an adult. **For more information phone 020 8524 5794.**

Clubs and community

Community local produce stall

Every Saturday, 10.30am–3pm

St John's Church, Church Lane, Leytonstone
A stall selling delicious, locally grown organic fruit and vegetables, and other

local produce. A partnership between Organiclea and Transition Leytonstone. **For more information email stall@transitionleytonstone.org.uk or phone 020 8556 3090.**

'Next Step' course for adults with dyslexia

From Wednesday 6 November, 6.30–8.30pm

Leyton Sixth Form College, Essex Road, E10 6EQ
Free adult course run by Waltham Forest Dyslexia Association. If you're an adult with dyslexia who's thinking about taking the next step and returning to education or employment this free five week course (funded by Comic Relief) will provide you with tips and strategies to help you plan your way forward. **To book a place phone [Helen Bigham on 07702 601897](tel:07702601897) or email helenbigham@hotmail.co.uk**

Herbal Health for the Family

Fridays, 10–11.30am

Lea Bridge Library, Lea Bridge Road, Leyton, E10 7HU
Workshops with medical herbalists Charm Elakil (Wholistic Medicine) and Rasheeqa Ahmad (Hedge Herbs) as part of The Mill's programme of Healthy Fridays at Lea Bridge Library. Special focus on herbs for children, parents and carers. Cost £2.50 – just turn up on the day. **For more information phone [Rasheeqa on 07784 506494](tel:07784506494) or email rasheeqa@hedgeherbs.org.uk**

Affordable Psychotherapy in English and Spanish

Monday to Friday, 9am–8pm

Near Blackhorse Road Station. Short and long term psychotherapy for individuals and couples. Sliding scale of fees, meaning that everyone can access psychotherapy. Concessions for students, unwaged and retired people. **Phone [Valeria Bonfiglio on 07912 887588](tel:07912887588), email vb.psychologist@gmail.com or visit www.valeribonfiglio.co.uk**

Beginners computer course for over 50s

Ten week beginner computer course covering all aspects of getting started with using a computer, the internet, email and basic word processing. Group courses are held across the borough and cost £39.90. Alternatively if you have a computer and internet connection at home, one-to-one courses cost £99. Places are limited and allocated on a first-come, first served basis. **For further information, please phone [Age UK Waltham Forest on 020 8558 5512](tel:02085585512).**



Second hand book sale

Saturday 19 October, 10am–1pm

St Andrew's Christian Centre, St Andrews Road, E17 6AR
Loads of books in good condition, (please note, we are not collecting any more books). Car parking available.

FamJam Disco

Sunday 10 November, 2–5pm

Orford House Social Club, 73 Orford Road, E17 9QR
A Sunday afternoon family disco for all ages. Expect funky music, dancing cakes, fully licensed bar and much more for the whole family. Tickets £5 in advance or £6 on the door. Babies in arms go free! **For more information email famjamdisco@gmail.com or phone [Mel on 07713 483259](tel:07713483259) or [Leone on 07977 093522](tel:07977093522).**



LGBT Women's Night

Mondays, 7–9.30pm

ELOP Centre, 56–60 Grove Road Walthamstow E17 9BN
A space for all lesbian, bi, trans or questioning women to meet each other, share experiences and socialise in a safe and welcoming environment away from the scene. The group meets every Monday with different activities to choose from, discussion evenings, movie nights, as well as the usual pool table, LGBT library, music, and girl talk! Group outings on the second Monday of each month. Entry £2. **For more information phone 020 8509 3898 or email info@elop.org**

GBT Men's Social Network

First and third Tuesday of every month, 7–9.30pm

ELOP Centre, 56–60 Grove Road Walthamstow E17 9BN
GBT Men's group. A space for all gay, bi, trans or questioning men to meet each other, share experiences and socialise in a safe and welcoming environment away from the scene. With group-led outings on the first Tuesday and in-house meet-ups on the third as well as the usual pool table, snack bar, LGBT library, movie nights, music and good conversation! Entry £2. **For more information phone 020 8509 3898 or email info@elop.org**

The Long Table – shared dining experience

Thursday October 17, 7.30pm

William Morris Gallery, Lloyd Park, Forest Road, E17 4PP

Sit at the Long Table as chef Matt Byne serves up two courses of meticulously prepared treats using the best of modern techniques and where taste is king. You'll wash the food down with beers from local brewers, with the Tea Room showcasing a different microbrewer each month. October's featured brewer is Hackney newcomer Five Points Brewery, and diners will be supping (or gulping) their fabulous Railway Porter – a mellow, chocolatey beer, perfect for good company and an indulgent autumn feast. Tickets £22, includes two courses and a drink. Booking essential. **Menu, booking and other details at www.longtable.eventbrite.co.uk Enquiries ccovello@justhospitality.co.uk**

Leytonstone Green Drinks

Tuesday 15 October, from 8pm

The Walnut Tree, 857–861 High Road, Leytonstone E11 1HH
Are you green and eco-minded? Do you want to meet others with the same interests? Then come along on the 15th of any month and enjoy good company, green conversation and great beer. **Phone 07747 014235 for more information.**

Culture and crafts

Introduction to photography

Sunday 20 October, 2pm

Bowls Pavilion, Lloyd Park, Forest Road, E17 4PP
Join Amanda Eatwell for a two hour photography walk and talk to learn some of the fundamentals of photography. Focusing on patterns and shapes explore the park learning how to structure a photo. Please note we cannot focus on how to work each model of camera, this workshop will focus on techniques. No experience necessary. **To book a place phone [Rachel on 07787 193981](tel:07787193981) or email r.hoyes@tcv.org.uk**



CADOS presents 'Teechers'

Wednesday 30 October to Saturday

2 November, 7.45pm
Saturday matinee, 2.30 pm
Morrington Hall, The Green Walk, E4 7EN

Autumn Daze

See inside
for playschemes,
events, activities and
entertainment



Activities for children
under 5



Activities for children
aged 5 to 11



Activities for children
aged 11 to 15



Activities for all ages



Looking for something to
do during the **Half Term** break?

Please check the What's On section of the new improved Children and Young
People's Directory for events taking place in the borough every day, including
Half Term: www.walthamforest.gov.uk/cypd



Activities for children under 5

RHYME TIME

0 TO 5 YEARS

Monday's (term time only)

10.15am to 11am

Walthamstow East Children's Centre,
Canterbury Road E10 6EJ

Come along to this fun session. Singing and Rhyming with your child.

★ **FREE** ★

Tracey Wild – 020 8518 7015/07903 035 201

STAY AND PLAY (MESSY PLAY)

0 TO 5 YEARS

Monday's (term time only)

1pm to 2.30pm

Walthamstow East Children's Centre (Barclay),
Canterbury Road E10 6EJ

A fun session encouraging your child to enjoy and develop sensory skills through messy play.

£1

Tracey Wild – 020 8518 7015/07903 035 201

STAY AND PLAY (GET PHYSICAL!)

0 TO 5 YEARS

Thursday's (term time only)

9.30am to 11.15am

Walthamstow East Children's Centre (Barclay),
Canterbury Road E10 6EJ

A fun activity with a chance to use soft play, ball pool, bikes, slides, trampolines and much more.

£1

Tracey Wild – 020 8518 7015/07903 035 201

MESSY PLAY

0 TO 5 YEARS

Friday's

9.15am to 11.15am

Walthamstow East Children's Centre, Wood
Street (Woodside School) E17 3JX

A fun 'messy' group art activity for you and your child to enjoy.

£1

Havva Basto – 020 8509 4375/
07903 511 749

RHYME TIME

0 TO 5 YEARS

Friday's

10.15am to 10.45am and

11am to 11.30am

Wood Street Library, Forest Road, E17 4AA

Come along to this fun session, we have songs, rhymes, bubbles and instruments for you to enjoy!

★ **FREE** ★

Gail Allaway – 020 8509 4919/07538 582 691

STAY AND PLAY (TINY MOVERS)

0 TO 1½ YEARS

Friday's (term time only)

1.30pm to 3pm

Walthamstow East Children's Centre, Wood
Street (Woodside school), E17 3JX

A chance for you and your baby to come and play, meet other parents and ask any questions about your child's development.

£1

Serenea Wellington – 020 8509 4375/
07903 511 826

MUSIC AND MOVEMENT

1½ TO 5 YEARS

Monday's

10am to 11am

Wood Street Library, Forest Road,
Walthamstow, E17 4AA

A fun session encouraging your child to enjoy physical play, improving health through music and dance.

★ **FREE** ★

Audrele Morgan – 020 8509 4375/
07960 322 075

STAY AND PLAY

0 TO 1 YEARS

Friday's

1.30pm to 3pm

Church Hill Nursery and Children's Centre,
Woodbury Road, E17 9SB

A chance for you and your baby to come and play, meet other parents and ask any questions about your child's development.

£1

Colette Samuel – 020 8520 4919/
07972 672 929

STAY AND PLAY

16 MONTHS TO 5 YEARS

Thursday's

10am to 11.30am

Church Hill Nursery and Children's Centre,
Woodbury Road, E17 9SB

A fun session encouraging your child to enjoy and develop sensory skills through messy play.

£1

Audrele Morgan – 020 8520 4919/
07960 322 075

STAY AND PLAY (TINY MOVERS)

0 TO 1½ YEARS

Wednesday's (term time only)

10.30am to 12pm

Walthamstow East Children's Centre (Barclay
school), Canterbury Road, E10 6EJ

A chance for you and your baby to come and play, meet other parents and ask any questions about your child's development.

£1

Tracey Wild – 020 8518 7015/07903 035 201

TOTS WATER WORLD

3 MONTHS TO 5 YEARS

29 October and 31 October

11.30am to 12.30pm

Waltham Forest Pool and Track
170 Chingford Road
E17 5AA

A play session for parent and child in the water, accompanied by a qualified instructor. Sessions include playing games, singing and enjoying the water environment.

Pay and Play Member £3.70

Tots Wellness Concessionary Member £2.15

Non Member £4.40

Extra Child £1.95

020 8527 5431



Please check the What's On section of the new improved Children and Young People's Directory for events taking place in the borough every day, including Half Term:

www.walthamforest.gov.uk/cypd

Activities for children under 5



SENSORY PLAYTIME

0 TO 5 YEARS

Monday's (term time only)

1pm-3pm

The Limes Community and Children's Centre
William Morris Hall
6 Somers Road
Walthamstow
E17 6RX

A weekly Toddler Group for children with a disability. This is a unique opportunity for young disabled children and their families to use our fantastic resources and play in a safe and fun environment with supportive and experienced staff. Come and use our sensory room, soft play and accessible adventure playground.

**£1 entrance, 50p per additional child.
Must become a member of the Limes
 (£5 annual family membership)**

020 8509 8985
admin@thelimes.org.uk

TANZ TODDLERS

0 TO 5 YEARS

Tuesday and Thursday mornings-term time
9.30am to 11.30am

The Limes Community and Children's Centre
William Morris Hall
6 Somers Road
Walthamstow
E17 6RX

Description of activity: Toddler group for young children and their families to explore our fantastic adventure playground, soft play and sensory room. Each session ends with a fun interactive song and story time.

**£2.50, 50p per additional child.
Must become a member of the Limes.**

0208 509 8985
admin@thelimes.org.uk

LADYBIRD LIVE ROADSHOW

2 TO 5 YEARS

Thursday 28 November

10am to 11.30am and 2pm to 3.30pm

North Chingford Library, The Green,
Chingford
E4 7EN

The Ladybird Live Roadshow will feature a whole host of pre-school delights including storytelling sessions, face painting, colouring-in, book-selling and raffle prizes. On top of the children's activities, Ladybird experts will be on-hand to speak with parents who may need guidance or advice on reading with children. The events are being held to celebrate and promote the joys of storytelling – from birth through to confident young readers. Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
020 8496 3000

THE RAINBOW ROOM

0 TO 1 YEARS

Tuesday 5 November

10am to 11am

Leytonstone Library, 6 Church Lane,
Leytonstone

E11 1HG

Babies aged 0-12 months: bring your parents and carers to The Rainbow Room, a lab filled with colour, sound and wonder!

Two scientists introduce to their latest projects, creating fantastical and playful worlds for very young babies to enjoy and explore. Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

THE RAINBOW ROOM

0 TO 1 YEARS

Tuesday 5 November

2pm to 3pm

Walthamstow Library, High Street,
Walthamstow

E17 7JN

Babies aged 0-12 months: bring your parents and carers to The Rainbow Room, a lab filled with colour, sound and wonder!

Two scientists introduce to their latest projects, creating fantastical and playful worlds for very young babies to enjoy and explore. Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

Activities for children aged 5 to 11

BETTER HOLIDAY PLAY SCHEME

5 TO 11 YEARS

Monday 28 October to Friday 1 November

8.45am to 5pm

Walthamstow Leisure Centre

243 Markhouse Road

Walthamstow

E17 8RN

Enjoy fun packed days make new friends in our Ofsted registered play scheme with various activities castle raiders, pirates, arts & crafts, crazy competitions, indoor & outdoor sports, face painting and much more.

020 8520 7464 – Walthamstow@gll.org



HOLIDAY PLAY SCHEME

4 TO 12 YEARS

Monday 28 October to Friday 1 November

8am to 6.30pm

Avenue Kids Club

Nexus Centre

3 Snowberry Close

Leytonstone

E15 2AH

Various activities, days out, cooking, arts/crafts, basketball, table tennis, computer games and lots more. Secure outside play area.

From £20 per day

Karen Hodges 07748 271 202 or

Dianne Stephenson 07943 104 209

BARCLAY PRIMARY SCHOOL HOLIDAY CLUB

4 TO 11 YEARS

Monday 28 October to Friday 1 November

8am to 6pm

Barclay Primary School

155 Canterbury Road

Leyton

E10 6 EJ (Peterborough road entrance)

Arts and crafts, football, games, trips, Wii, computers, team games and lots more.

£22.50 per day

£15.00 half day sessions

£112.50 per week

Steffi Cooper – 020 8539 6777/07926 170

564 – Stephanie.cooper@barclayprimary.waltham.sch.uk

HALF TERM HOLIDAY CLUB

5 TO 11 YEARS

28 October to 1 November

8am to 5.50pm

The Lloyd Park Centre

Winns Avenue Entrance

Lloyd Park

Walthamstow

E17 5JW

Supervised age appropriate activities in a lovely environment.

£25.60 per day inclusive of all meals, snacks and drinks

020 8531 9522



HOLIDAY PLAY SCHEME

5 TO 12 YEARS

Various dates during school holidays.

10am to 3.30pm

The Limes Community and Children's Centre

William Morris Hall

6 Somers Road

Walthamstow

E17 6RX

A fun and inclusive playscheme for young children to play and explore our fabulous facilities. Structured activities and exciting trips out are accompanied by free play in our adventure playground, sensory room and soft play.

£16.50 per day for children without a disability, £7.50 per day for children with a disability in receipt of short break hours. Booking essential.

020 8509 8985

admin@thelimes.org.uk

SPLAT: AFTERSCHOOL CREATIVE ARTS GROUP

5 TO 12 YEARS

Monday afternoon's (term time only)

Time TBC

The Limes Community and Children's Centre

William Morris Hall

6 Somers Road

Walthamstow

E17 6RX

Join us for our creative afterschool club where we will be exploring art/drama/dance and music to create our very own end of term performance. A great opportunity for children and their families to enjoy, play and participate together in a supported environment.

All children must be accompanied by an adult.

020 8509 8985

admin@thelimes.org.uk

Please check the What's On section of the new improved Children and Young People's Directory for events taking place in the borough every day, including **Half Term**:
www.walthamforest.gov.uk/cypd

Activities for children aged 11 to 15

ACTIVE FITNESS

11 TO 15 YEARS

29 and 30 October and 1 and 3 November
4pm to 5.30pm

Waltham Forest Pool and Track
170 Chingford Road
E17 5AA

Our dedicated and supervised sessions introduce 11–15 year olds to using fitness centres and equipment correctly in a fun environment. It is necessary to book an induction before the first visit.

Induction: £3.30

Pay and Play: £3.25

Wellness Active Member FREE

Waltham Forest Pool & Track 020 8527 5431

COMMUNAL EPIC POEM

ALL AGES

Thursday 7 November

4pm to 6pm

Wood Street Library
Forest Road
Walthamstow

E17 4AA

Help create a communal epic poem with guidance from Coppermill Poets or participate online at www.mixedink.com/#/coppermillpoets/epicpoem. The final poem will be made into a book and poster. Booking essential.

★ **FREE** ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000



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Activities for all ages

YELLOW BIRDS HOLIDAY CLUB

3 TO 13 YEARS

Monday 28 October to Friday 1 November
8.30am to 6pm

South Chingford Methodist Church,
3 New Road, Chingford
E4 9EU

Our holiday club/playscheme provide for all your childcare needs between (8) 8.30am to 6pm week days. This week's theme is Sea Life and includes a trip to the London Aquarium. For a full list of all our planned activities as well as details of our free play toys and activities – please email Ella.

**From £23.00 a day (discount for sibling)
10% off when booking a week**

Ella Parkinson – 020 8531 9658/07723 332
493 – YellowBirdsinfo@aol.com

REDWOOD PRE-SCHOOL HOLIDAY PLAY SCHEME

2 TO 7 YEARS

Monday 28 October to Friday 1 November
8am to 9.30am Breakfast Club
9.30am to 4.30pm All Day Provision
4.30pm to 6pm Teatime Club

Redwood Pre-School, The Bell Centre,
3 Holloway Road, Leytonstone
E11 4LD

Redwood holiday playscheme offers a caring, fully inclusive and safe environment for all children with planned daily themes focused on fun, fun, fun! Places are limited so book NOW to avoid disappointment.

From £12 per day

020 8539 8559
redwoodpreschool@btconnect.com
www.redwoodpreschool.org.uk



FUN SWIM

ALL AGES

28 October to 2 November
2pm to 3.30pm

Waltham Forest Pool and Track
170 Chingford Road
E17 5AA

A fun-filled swimming session for all including floats and open diving board sessions

ADT Non member £4.20

JNR Non Members £1.75

JNR Members FREE

020 8527 5431

CHILDCARE SOLUTION FUN FILLED HOLIDAY CLUB

4 TO 13 YEARS

28 October to 1 November
8am to 6pm

The Asian Centre
18a Orford Rd
Walthamstow
E17 9LA

Our holiday club provides an amazing experience where children are able to learn through play in an environment which is vibrant, safe and caring. Children will have the opportunity to experiment, investigate and explore, both on and off site. We take part in fun and exciting trips all over London.

COME AND CREATE SOME AMAZING MEMORIES...

£22 per day if booked in advance

Sibling discount available

Amanda Smith or Jennifer Simpson –
07961 018 708 – Childcare.solution@tiscali.co.uk

EXTREME HOLIDAY ACTIVITIES

4 ½ TO 15 YEARS

21 October to Friday 1 November

8am to 6pm

Sylvestrian Leisure Centre
Forest School
College Place
Snaresbrook

E17 3PY

This fun-filled camp will consist of swimming, inflatables, go karts, climbing walls, roller discos, arts and crafts, multi sports and much, much more. We will ensure your children's safety is paramount and they will be returned to you happy and exhausted at the end of the day.

£32 per day

£128 per week

020 8509 6526

AROUND THE WORLD IN 80 WARDROBES

5 TO 10 YEARS

Monday 7 October

4.30pm to 5.30pm

Higham Hill Library
North Countess Road
Walthamstow
E17 5HF

Take a tour of the fashions, flags, patterns and cultures from around the world in our fun arts and crafts workshops. Booking essential.

★ **FREE** ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
020 8496 3000

Please check the What's On section of the new improved Children and Young People's Directory for events taking place in the borough every day, including **Half Term**:

www.walthamforest.gov.uk/cypd

Activities for all ages

AROUND THE WORLD IN 80 WARDROBES

5 TO 10 YEARS

Wednesday 9 October

4.30pm to 5.30pm

Leyton Youth Centre, Crawley Road, Leyton
E10 6PY

Take a tour of the fashions, flags, patterns and cultures from around the world in our fun arts and crafts workshops. Booking essential.

★ **FREE** ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
020 8496 3000

AROUND THE WORLD IN 80 WARDROBES

5 TO 10 YEARS

Friday 11 October

4.30pm to 5.30pm

Wood Street Library, Forest Road,
Walthamstow
E17 4AA

Take a tour of the fashions, flags, patterns and cultures from around the world in our fun arts and crafts workshops. Booking essential.

★ **FREE** ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
020 8496 3000



WE'RE DIFFERENT, WE'RE THE SAME

4 TO 7 YEARS

Monday 7 October

4.30pm to 6pm

Leytonstone Library, 6 Church Lane,
Leytonstone
E11 1HG

Join us for a special storytelling and crafts session exploring themes of diversity and cultures for young children. Booking essential.

★ **FREE** ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
020 8496 3000

WE'RE DIFFERENT, WE'RE THE SAME

4 TO 7 YEARS

Thursday 10 October

4.30pm to 6pm

Lea Bridge Library, Lea Bridge Road,
Leyton
E10 7HU

Join us for a special storytelling and crafts session exploring themes of diversity and cultures for young children. Booking essential.

★ **FREE** ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
020 8496 3000

WE'RE DIFFERENT, WE'RE THE SAME

4 TO 7 YEARS

Monday 14 October

4.30pm to 6pm

North Chingford Library, The Green
Chingford
E4 7EN

Join us for a special storytelling and crafts session exploring themes of diversity and cultures for young children. Booking essential.

★ **FREE** ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
020 8496 3000

ARE YOU AN INVENTOR?

4 TO 11 YEARS

Tuesday 15 October

4.30pm to 6pm

Walthamstow Library, High Street,
Walthamstow
E17 7JN

Channel your inner George Washington Carver and become a daring inventor in this fun and interactive workshop. Booking essential.

★ **FREE** ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
020 8496 3000

THE ROOTS OF MONEY: CREATIVE FAMILY WORKSHOP

4 TO 11 YEARS

Wednesday 16 October

4.30pm to 5.30pm

Hale End Library, Castle Avenue,
Highams Park
E4 9QD

Understand the meaning, types and history of money in African history. Creatively discover money before coins to make your own picture. Booking essential.

★ **FREE** ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
020 8496 3000

Please check the What's On section of the new improved Children and Young People's Directory for events taking place in the borough every day, including **Half Term**:

www.walthamforest.gov.uk/cypd

Activities for all ages

TALES FROM HOME

ALL AGES

Sunday 20 October

2pm to 3.30pm

Walthamstow Library, High Street,
Walthamstow

E17 7JN

Join Mike the Talespinner to listen to stories from around the world reflecting the diversity of Waltham Forest's community, and be ready to participate in the storytelling yourselves... Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
020 8496 3000

TALES FROM HOME

SUITABLE FOR FAMILIES

Monday 21 October

4.30pm to 5.30pm

Higham Hill Library, North Countess Road,
Walthamstow

E17 5HF

Join Mike the Talespinner to listen to stories from around the world reflecting the diversity of Waltham Forest's community, and be ready to participate in the storytelling yourselves... Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
020 8496 3000

WORDS OVER WALTHAM FOREST LAUNCH: THIS IS ME

SUITABLE FOR FAMILIES

Friday 25 October

5pm to 7pm

Walthamstow Library, High Street,
Walthamstow

E17 7JN

Join 'Waltham Forest Arts in Education Network' and 'Learning Disability Experience' for a glass of wine, inspiring performances and a first look at the 'This is Me' exhibition. Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

EXHIBITION: 'THIS IS ME'

ALL AGES

Monday 21 October to Saturday
30 November

Monday – Friday 9am to 7pm

Saturday – 9am to 6pm

Sunday – 10am to 4pm

Walthamstow Library, High Street,
Walthamstow

E17 7JN

An Exhibition of artwork exploring the theme of identity and celebrating the diversity of our community including work by:

Learning Disability Experience

Artwork exploring language, memories and words in pieces that include a papier mache tree exhibited at the TATE Modern in June 2013.

Community Day Services

Beautiful hand-made books and a hand-crafted scroll, detail the experiences and loves of individual artists using text and imagery.

George Monoux

Using traditional printmaking techniques, art students explored the idea of 'Urban Nature' to illustrate their own poems and verse – in the style of traditional illustrated manuscripts.

★ FREE ★

This event is free and requires no advance booking.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

LICK THE PENCIL: CHILDREN'S CREATIVE WRITING WORKSHOP AND SURGERY

7 TO 10 YEARS

Monday 28 October

2pm to 3pm

Higham Hill Library, North Countess Road,
Walthamstow

E17 5HF

Learn new ways to create poems and stories, express yourself and describe the world.

Play writing games and experiment with different techniques to develop your idea. Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

HAPPY HOUR: CREATIVE WORKSHOPS FOR PARENTS AND CHILDREN

8 TO 11 YEARS

Monday 28 October

2.30pm to 3.30pm

Hale End Library, Castle Avenue,
Highams Park

E4 9QD

It's 2 for 1 with Happy Hour!

Creativity for children and their parents; drama for children aged 8 to 11 years, while parents take part in a creative writing workshop. Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000



Please check the What's On section of the new improved Children and Young People's Directory for events taking place in the borough every day, including Half Term:
www.walthamforest.gov.uk/cypd

Activities for all ages

HAPPY HOUR: CREATIVE WORKSHOPS FOR PARENTS AND CHILDREN

8 TO 11 YEARS

Tuesday 29 October

4.30pm to 5.30pm

Sidmouth House, 25 Sidmouth Road,
Leyton

E10 5QZ

It's 2 for 1 with Happy Hour!

Creativity for children and their parents; drama for children aged 8 to 11 years, while parents take part in a creative writing workshop. Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

HAPPY HOUR: CREATIVE WORKSHOPS FOR PARENTS AND CHILDREN

8 TO 11 YEARS

Tuesday 12 November

4.30pm to 5.30pm

Leytonstone Library, 6 Church Lane,
Leytonstone

E11 1HG

It's 2 for 1 with Happy Hour!

Creativity for children and their parents; drama for children aged 8-11 years, while parents take part in a creative writing workshop. Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

RANT AND RAVE

4 TO 11 YEARS

Tuesday 29 October

11.30am to 12.30pm

Lea Bridge Library, Lea Bridge Road,
Leyton

E10 7HU

Dress up, act out, laugh, perform and play! Become a character and let loose at this poetry and percussion workshop with author Anne Stairmand. All materials and instruments provided. Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

RANT AND RAVE

4 TO 11 YEARS

Tuesday 29 October

3pm to 4pm

North Chingford Library, The Green,
Chingford

E4 7EN

Dress up, act out, laugh, perform and play! Become a character and let loose at this poetry and percussion workshop with author

Anne Stairmand. All materials and instruments provided. Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

RANT AND RAVE

4 TO 11 YEARS

Saturday 16 November

11.30am to 12.30pm

Lea Bridge Library, Lea Bridge Road,
Leyton

E10 7HU

Dress up, act out, laugh, perform and play! Become a character and let loose at this poetry and percussion workshop with author Anne Stairmand. All materials and instruments provided. Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000



Please check the What's On section of the new improved Children and Young People's Directory for events taking place in the borough every day, including Half Term:
www.walthamforest.gov.uk/cypd

Activities for all ages

RANT AND RAVE

4 TO 11 YEARS

Saturday 16 November

3pm to 4pm

Leytonstone Library, 6 Church Lane,
Leytonstone

E11 1HG

Dress up, act out, laugh, perform and play!
Become a character and let loose at this
poetry and percussion workshop with author
Anne Stairmand. All materials and instruments
provided. Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to
reserve your place.

If you have any enquiries, please visit your
nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

THE LIBRARY OF UNTOLD STORIES

SUITABLE FOR FAMILIES

Tuesday 29 October

2pm to 5pm

Leytonstone Library, 6 Church Lane,
Leytonstone

E11 1HG

Inscribe your idea for a book you've never written
in our Library of Untold Stories – a collective
public sculpture made using clay and plaster.
Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to
reserve your place.

If you have any enquiries, please visit your
nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000



THE LIBRARY OF UNTOLD STORIES

ALL AGES

Friday 1 November

2pm to 5pm

Hale End Library, Castle Avenue,
Highams Park

E4 9QD

Inscribe your idea for a book you've never
written in our Library of Untold Stories – a
collective public sculpture made using clay and
plaster. Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to
reserve your place.

If you have any enquiries, please visit your
nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

DECORATE YOUR OWN BOOK BAG

ALL AGES

Wednesday 30 October

Between 11am to 1pm

Walthamstow Library, High Street,
Walthamstow

E17 7JN

Professional artists from Inky Cuttlefish Studios
will help you to design and decorate a bag with
your favourite animal characters, to take home

after the session. Just bring along your favourite
book!

Note: This is a drop in workshop; once session
capacity has been reached, participants will
need to wait until others have finished their bags
before taking part.

★ FREE ★

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

DANCING YOUR FAVOURITE BOOK

ALL AGES

Thursday 31 October

11am to 12.30pm and 2pm to 3.30pm

Lea Bridge Library, Lea Bridge Road,
Lea

E10 7HU

It's fun. It's exciting. It's wondrous....and it's
coming to a library near you! Expect physical-
theatre warm-up games, creativity and
exploration of reading and dancing. All ages and
abilities welcome. Booking essential.

★ FREE ★

Go to www.wflibraries.eventbrite.com to
reserve your place.

If you have any enquiries, please visit your
nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

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for events taking place in the borough every day, including Half Term:
www.walthamforest.gov.uk/cypd

Activities for all ages

WORDSONG YOUTH WORKSHOP

10 TO 18 YEARS

Friday 1 November

12pm to 3pm

Leytonstone Library, 6 Church Lane,
Leytonstone

E11 1HG

Bring your words, favourite music and original compositions. Explore new forms of self-expression with WordSong's poet and musician and create exciting new material. Booking essential.

★ **FREE** ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

LICK THE PENCIL: YOUNG PEOPLE'S 1:1 CREATIVE WRITING SURGERY

7 TO 18 YEARS

Friday 1 November

2pm to 5pm

Walthamstow Library, High Street,
Walthamstow

E17 7JN

Bring along a poem, story or creative writing problem and get one to one feedback and advice on your work. A 30 minute individual slot with a writer/tutor will be allocated to each person. Booking essential.

★ **FREE** ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

POP-UP PICTURE HOUSE PRESENTS: INKHEART (PG)

ALL AGES

Monday 4 November

4.30pm to 6.30pm

North Chingford Library, The Green,
Chingford

E4 7EN

A young girl discovers her father has an amazing talent to bring characters out of their books and must try to stop a freed villain from destroying them all, with the help of her father, her aunt, and a storybook hero. Booking essential.

★ **FREE** ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

MEET THE AUTHOR, EXPLORE THE STORY

4 TO 7 YEARS

Thursday 14 November

4.30pm to 6.30pm

North Chingford Library, The Green,
Chingford

E4 7EN

Join children's author Anne Stairmand to hear her hilariously silly stories, then dress up and act out all your favourite parts! Booking essential.

★ **FREE** ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

TALE SPINNING

ALL AGES

Friday 15 November

4pm to 5.30pm

Hale End Library, Castle Avenue,
Highams Park

E4 9QD

Listen to stories from round the world reflecting the diversity of Waltham Forest's community. Be ready to participate in the storytelling yourselves....Booking essential.

★ **FREE** ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000

POETRY

ALL AGES

Sunday 17 November

3pm to 6pm

The Great Hall – Old Council Chambers,
Adelaide Road, Leyton
E10 5NN

Culture, tradition and life in the UK through the eyes of Urdu and Punjabi poets from across Waltham Forest. Poems will be read and sung. Booking essential.

★ **FREE** ★

Go to www.wflibraries.eventbrite.com to reserve your place.

If you have any enquiries, please visit your nearest library, or phone 020 8496 3000.

www.walthamforest.gov.uk/libraries
www.wordsoverwalthamforest.co.uk
020 8496 3000





Waltham Forest

CADOS presents this hilarious comedy by John Godber, set in a secondary school, with added music, songs and dance. Our theatre has tiered seating and a licensed bar. Tickets £9.50, with reduction to £8.50 for seniors on Wednesday and the matinee. To buy tickets visit www.ticketsource.co.uk/cadoschingford or phone 020 8524 4380.

Open Mic Night

Friday 25 October, from 7.30pm
Walthamstow Town Hall Social Club, Forest Road

On the last Friday of the month 'Mirror Productions' hosts a fantastic Open Mic night. This really is the best talent show in town! All performances welcome. For more information phone 07940 260558 or email andythemirror@gmail.com

Book Marks exhibition

Until Sunday 24th November
The Mill, 7-11 Coppermill Lane, E17 7HA
Featuring over 25 artists, designers and photographers brought together through their love and fear of books. For more information visit www.themill-coppermill.org



Jewellery making starter

Wednesday 16 October, 7-8.30pm
Farnan Avenue, Walthamstow E17 4NH
Time to get a work-life balance and start making personal Christmas presents. Join one of our Starter Workshops on Wednesday 16, 23 and 30 October or Saturdays 10-11.30am (26 Oct, 2, 9 Nov) and make a beautiful pendant or pair of earrings with wire and beads. Classes are small (max.6) and friendly, booking is essential. Many other workshops available. For more information please phone Birgit on 020 8531 4002 or visit www.beyondbeading.co.uk

E17 Jazz

Sunday 24 November, 2-5pm
Orford House Social Club, 73 Orford Road, E17 9QR

The award winning e17 jazz collective presents a special London Jazz Festival concert double bill featuring local musicians of national renown plus exciting guest stars in a relaxed jazz club setting. Entry £12/£8. For more information visit www.e17jazz.com/whatson/

Children and young people

The Engine Shed train club

Sunday 10 November, 11am-2pm
56 Friday Hill East, Chingford, E4 6JT
A monthly 'train club' for children on the autistic spectrum and their families. Model Hornby railways and train sets for all abilities will be set up, along with a range of train-related resources for children to play with. A friendly and supportive atmosphere for children, siblings, parents and other family members. Train-loving children not on the spectrum also welcome. Entry is free. For more information email theengineshed@hotmail.co.uk or text Gill on 07817 108045.

Avola Dance Academy

Days and times vary
Shern Hall Methodist Church, Shernhall Street, E17 9HX
Ballet, tap and freestyle dance classes for school age children. For more information phone Nicola on 07814 781642 or email avoladance@hotmail.co.uk

Melody Movement

Fridays, 10.30am
Shern Hall Methodist Church, Shernhall St, Walthamstow, E17 9HX
The only Melody Movement school in Waltham Forest, offering dance and movement from age two. Includes dance, movement, dressing up and music. Collect stickers to complete a work card, on completion of 12 lessons, a medal is received. £5 per week. Booking advised as numbers are limited. For more information phone Nicola on 07814 781642 or email avoladance@hotmail.co.uk

X7eaven Performing Arts Academy

Days and times vary
569a Lea Bridge Road, Leyton, E10 7EQ
Award-winning performing arts academy X7eaven is now recruiting for our new term. We are looking for bright talent aged 4-19 with a passion for dance, music or drama to join X7eaven. To enquire phone 020 8558 0800, email x7.office.x7@gmail.com or visit www.x7dance.com

Free under 14 hockey training

Tuesdays, 7-8pm
Walthamstow Academy, Billet Road, E17 5DP
England Hockey's 'Club of the Year' are back up and running with their FREE junior Hockey training. Open to all abilities with local games every month plus under 8s

training (2-8 yr olds) every other Saturday. For more information phone Matt on 07909 913121 or visit www.walthamforesthc.co.uk/youth



Cheeky Monkeys Baby and Toddler Playgroup

Thursdays, 10am-12noon
The Church Hall (next to Matalan) in Leytonstone

Come and have fun at this friendly, supportive, parent-run playgroup for ages 0-5. Healthy snacks/drinks for the kiddies, tea and biscuits for the adults, educational toys, baby corner, arts and crafts, dressing up, climbing frame, reading tee-pee, mini trampoline, music, singing and dance! Non-denominational. We are Pre-School Alliance Members. All are very welcome. For more info phone Liz on 07855 549740 (no sales calls please).



Youth Out East

Every Wednesday 6-9pm
ELOP Centre, 56-60 Grove Road Walthamstow E17 9BN
A weekly youth-led social group for people aged 13-21 (up to 25yrs for young people with support needs) who are LGBT or questioning their sexuality. Youth Out East is your chance to meet other young people who are LGBT and share experiences in a safe, supportive, laid back environment. Come and hang out, play pool, flick through the LGBT library of books and DVD's. This is a space for you to be yourself, meet new people and make new friends. You'll also be able to participate in discussions and activities to help build skills, confidence and self-esteem. Entry £1. For more information phone 020 8509 3898 or email info@elop.org

Parlons Français – French club for children

Every Saturday; 10-11am, 11.30am-12.30pm and 1-2pm
Walthamstow village
French sessions for children aged 5 to 10 years. Maximum group size of six children. Children learn the language through games, songs and basic writing. Fully CRB checked teacher currently working in Primary Schools. For more info please phone Florence on 07954 387935.

Coppermill Primary School Open Day

Friday 18 October, 10am-12noon
Edward Road, Walthamstow, E17 6PB
Coppermill Primary will be holding an open day for prospective Reception children. Come along to meet the staff and gain important information about the admissions process. For more details phone the school on 0208 520 6267 or email admin@coppermill.waltham.sch.uk

English and Maths Tuition

Tuesdays, 4.15-6pm
St Marys Hall, Lindley Road, E10 6QT
Leyton First Class Learning help children succeed in Maths and English. For more information phone Rosa on 07503 140389 or visit www.firstclasslearning.co.uk/leyton

Community Ward Formus

Markhouse

Monday 21 October, 7-9pm
Venue to be confirmed

Chingford Green and Endlebury

Monday 4 November, 7-9pm
Chingford Assembly Hall, Station Road, E4 7EN

William Morris

Wednesday 6 November, 7-9pm
Willowfield School, Clifton Avenue, E17 6HL

Hoe Street

Monday 18 November, 7-9pm
Welcome Centre, The Parish Office, 8 Church End, E17 9RJ

Wood Street

Monday 18 November, 7-9pm
Henry Maynard School, Addison Road, Walthamstow

High Street

Monday 25 November, 7-9pm
Stoneydown Park Primary School

For more information on Community Ward Forums visit www.walthamforest.gov.uk/community-ward-forums

Council Meetings

Monday 14 October

Finance Scrutiny Committee

Wednesday 16 October

Adult Social Care Scrutiny Committee

Thursday 24 October

Council

All meetings are held at Waltham Forest Town Hall and start at 7.30pm unless stated otherwise.



Tell us what's on

Email your event details to:
walthamforestnews@walthamforest.gov.uk

Free internet access is available at all libraries in the borough.

The deadline for 11 November 2013 edition is Friday 25 October

Please note inclusion cannot be guaranteed, due to the high volume of requests received.

The Big London **ENERGY** SWITCH

Waltham Forest Council is supporting a scheme to help see if residents can get a better deal on their gas and electricity bills

You may be
paying too much
for your gas and
electricity!

How does the scheme work?

- Ⓔ The Big London Energy Switch is a collective switching scheme run by Waltham Forest Council and a number of other councils in London.
- Ⓔ By gathering together a large number of people who want to lower their gas and electricity bills the Big London Energy Switch, using a third party 'switching provider', can **encourage** energy companies to offer their lowest prices.
- Ⓔ Once registration is closed, all the energy companies are invited to offer their best prices to everyone who registered.
- Ⓔ You will then receive details of exactly how much money you could potentially save by switching.
- Ⓔ You can choose whether or not to accept the offer.

To find out more or to register go to
www.biglondonenergyswitch.org.uk
or call 020 8496 3000 (if you do not
have internet access)

How much can I save?

Savings depend on how much energy you use and the price of your current tariff.

There is **no guarantee** the switch will save you money, for example if you have recently switched supplier you may already be on the best value tariff. You are under no obligation to accept the offer. A similar scheme has seen yearly savings of between £60 and £200 per household, so there is nothing to lose by registering.

Can I take part?

Anyone who pays a household energy bill can take part, although if you are in debt to an energy company you may not be allowed to switch.

When is the switch happening?

You can register your interest now. Registration has been extended and will close on 18th November, with offers to customers expected from the 29th November.

In partnership
with

Waltham Forest

Better Housing
2013

Landlords:
Apply for up to
£13,000
grant to do up
your property

If you are a landlord or owner with an empty property in Waltham Forest, you may be eligible for a non-repayable grant of up to **£13,000** to do up your property.

In return, your property can be put back to use to help people in need, and will be let to people on the Council's waiting list for a minimum of five years.

Get in touch now to find out more:

- Email empty.property@walthamforest.gov.uk
- Phone 020 8496 3000
- Visit www.walthamforest.gov.uk/emptyproperties

**Empty
Property
Scheme**




Waltham Forest

Waltham Forest means business

- New agreement heralds further positive results on employment and benefits
- Come along to business event on Tuesday 22 October

On Friday 4 October a new agreement to tackle unemployment in the borough was signed by Cllr Mark Rusling, Cabinet Member for Corporate Resources and Economic Development, representatives from Jobcentre Plus and the Secretary of State for Work and Pensions Iain Duncan Smith.

"The service level agreement puts in place a way of working between the Council and Jobcentre Plus to help find work for local people by matching jobs and relevant training," Cllr Rusling told Waltham Forest News.

"We've been working with employers in the borough to make sure as many jobs as possible go to local residents. Recently we have helped match residents to jobs with Balfour Beatty, Bouygues and Osborne, addressing training requirements through our Adult Learning Service. We have also worked with Waltham Forest College to ensure candidates have the relevant skills and qualifications."

When Tesco set up shop in Highams Park a year ago 75 local people were employed thanks to the work of the Council and Jobcentre Plus. Roberto Munoz from Tesco's Corporate Affairs explained to Waltham Forest News that, "Our criteria was specifically

to target long-term unemployed residents and to train them up with the relevant qualifications."

Kieleley Ryan, Tesco's Resource Manager for London, added, "We have been able to provide people with a career path. We couldn't have done that without working very closely with Waltham Forest Council, Jobcentre Plus and Waltham Forest College to find the right people."

Walthamstow resident Mark Smith joined Tesco last year as a General Assistant and is now a Team Leader at the store. "It was a great opportunity for me," said Mark. "I went on to complete my Level 2 NVQ in Customer Service and have progressed from there."

All three attended the reception prior to the signing of the service level agreement at Waltham Forest Town Hall. They were also joined by a number of apprentices employed by the Council over the last year.

Charlie Westover, 20, Yasmin Boffa, 18, and Matt Gallagher, 17, have all been employed by the Council's Careers Service. Charlie is at the end of his apprenticeship, but is staying on with the borough as an agency worker. "I've really enjoyed the work and it's given me great experience and a good reference to draw upon. It's basically half my CV now."

Yasmin is four months into her

apprenticeship and says she wants to stay in the area of work. Matt has only just started his apprenticeship, having joined the Council straight from college, and hopes it will give him a good grounding and expand his CV.

On Tuesday 22 October Waltham Forest's biggest business event of the year will take place between 9am and 5pm at Walthamstow Assembly Hall, Forest Road, Walthamstow, E17 4JD.

As well as an exhibition involving 40 suppliers, support groups, Council departments and service providers, there will also be seminars with four guest speakers, speed networking sessions and one to one advice from experts in accounting, law, business development, marketing and more.

For residents looking to start their own business, help is also at hand to get their idea off the ground. The Start Up Loans Company offers a financing and mentoring service to entrepreneurs, backed by £117 million of government funding. Business loans range from £2,500 to £10,000.

Two local people that are now at the helms of burgeoning businesses are Hamed Ali-Miah from Chingford who created Phoenix Cars and Collette Benson-Oniha who started Boogie Babies Boutique – both with a start-up loan of £5,000.

As detailed in previous editions of Waltham Forest News, over the next three months the independent Economic Growth Commission launched by the Council will explore the ways in which the borough can attract investment, support business and create thriving communities.

More info

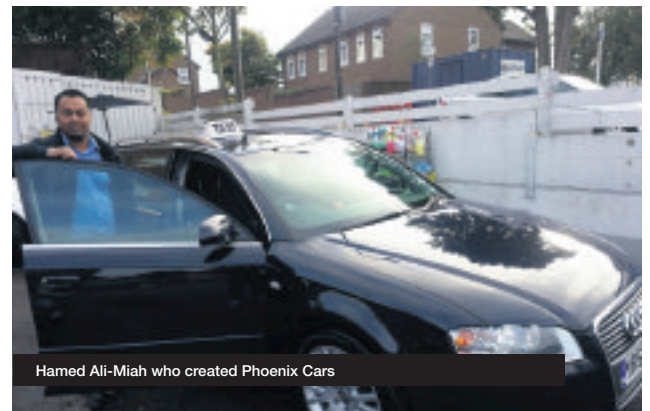
For more information about employment and training opportunities visit www.walthamforest.gov.uk and search 'jobs and training'. Free internet access is available at all libraries in the borough.



Cllr Mark Rusling (fourth from right), Iain Duncan Smith MP (second from right) and Martin Esom, Chief Executive of Waltham Forest Council signing the service level agreement



Collette Benson-Oniha who started Boogie Babies Boutique



Hamed Ali-Miah who created Phoenix Cars

Fact file

- The Jobseeker's Allowance claimant count has fallen from over 9,500 in May 2013 to 8,458 in August 2013, already meeting the target set by the Council and Jobcentre Plus of a 12 per cent drop by March 2014
- Of the 673 households in the borough that were identified by the Council as being affected by the Benefit Cap in March 2013, 40 per cent (271) have since found work
- Since recruiting staff for the opening of the Tesco branch in Highams Park, there has been a staff turnover rate of less than 1 per cent
- Applications for Business Start Up Loans can be made by visiting www.startuploans.co.uk/getting-started/apply-now/
- To pre-register for free tickets to the Waltham Forest Means Business Expo visit www.walthamforestmeansbusiness.co.uk



Kieleley Ryan, Roberto Munoz and Mark Smith from Tesco

Singers Musicians Actors

Support your local community
by developing your talents!



Learn the art of acting
with Donald,
The Godfather of Theatre
Who has over 60 years of
experience!

Learn to sing with Laila a range
of music with a
Modern twist
on choral arrangements. All
music is taught by ear so no
need to read music!

Learn what it takes to be part of a **Live band**
All instruments are considered!

No experience required, all levels of experience welcome

For further information please contact Emma on 0208 558 5512 or email
info@ageukwalthamforest.org.uk

The Wellbeing Hub



We want
your views on...

services for older people

leasehold
services

welfare
reform

repairs

services for
disabled people

Ascham Homes Residents' Conference

Saturday 19 October | 10.30am to 3pm

Frederick Bremer School, Siddeley Road
Walthamstow E17 4EY

You could win a day trip for you and your family, an iPad, hampers,
iPod shuffles and more. Lunch and a creche will be provided.

Contact us on 020 8496 4197 to book your place
or email: resident.involvement@aschamhomes.org.uk





Get Together

GET TOGETHER TO ENJOY ANOTHER
BRILLIANT YEAR IN WALTHAM FOREST

5 November

Fireworks

Tuesday 5 November, 6pm – 9pm

Gates close 7.45pm, show starts 8pm

Music, entertainment, funfair and wide
range of tasty food and drinks stalls.

Chestnuts Field, Waltham Forest Town Hall Complex
Forest Road, E17 4JF (Farnan Road Entrance)

**FREE
EVENT
NO TICKET
REQUIRED**



www.walthamforest.gov.uk/events-get-together

Facebook.com/walthamforestcouncil Follow us on twitter@LBWFEEvents



Waltham Forest

Stop smoking this October

- **Stoptober campaign aims to help smokers kick the habit**
- **Smokefree Waltham Forest has four Stop Smoking Clinics to help you quit**

This October thousands of people all over the country will be stopping smoking for 28 days as part of Stoptober, the NHS Smokefree campaign to help people kick the habit. As part of the borough's own stop smoking drive we're encouraging local residents to use our stop smoking services.

There will be workshops, drop-in centres, one-to-one sessions and events all geared towards offering support and advice to those wanting to quit smoking. Estimated savings for smokers giving up are £150 a month and the health benefits include adding seven days to your life expectancy for every 28 days you are smoke free. Quitting smoking clearly offers both health and monetary benefits and we'd like our residents to benefit from both.

Smokefree Waltham Forest has four local Stop Smoking Clinics where you can get face to face support. If you would like to attend one of the clinics please phone 020 8532 6284 to book your appointment. Clinic times are as follows:

- **Comely Bank** 46 Ravenswood Road, E17 9LY Mondays, 3.30–6pm
- **St James** 47 St James' Street, E17 7NH Tuesdays, 5–7pm
- **Langthorne Health Centre** 13 Langthorne Road, E11 4HX Thursdays, 2.30–5pm



Give up smoking for Stoptober and kick the habit for good

• Whipps Cross Hospital

Whipps Cross Road, E11 1NR Saturdays, 10am–12noon.

Cllr Ahsan Khan, Cabinet Member for Health and Wellbeing, told Waltham Forest News: "Our stop smoking services are here to help those that wish to quit and need that extra support and advice. Around 2,000 people a year use the service which shows it's needed. Each year between 50

and 70 per cent of service users are able to stop with the support of local services and we encourage smokers to get in touch with us, use our services and start living a healthier life."

Aside from the health benefits there are savings to be made not just to those who quit but also for local taxpayers. The estimated cost to our local economy caused by smoking is £50 million is care costs,

fires, litter and sickness absence. The savings we make from supporting people to stop smoking could potentially provide more services for supporting healthier lifestyles.

More info

For more information and help to stop smoking visit www.smokefree.nhs.uk or phone the Smokefree Helpline on 0800 022 4332.

In brief



Look after your eyes

Local charity Waltham Forest Vision; which provides help, advice and support for people with visual impairments, is reminding people about the importance of having regular eye health checks at the optician. It's important to check that your eyes are healthy because the sooner a sight condition is detected, the quicker it can be treated and the harm to your eyes can be reduced. If a condition is left for too long it is more difficult to treat and your sight could be permanently affected. It is recommended that you visit an optometrist (optician) every two years. An eye examination can detect potentially blinding eye conditions that, caught early enough, may be treatable.

• **For more information on Waltham Forest Vision** phone 07952 658614, visit www.walthamforestvision.org.uk or email enquiries@walthamforestvision.org.uk

Falls prevention event

Earlier this year a campaign was launched to help older residents in Waltham Forest live happy, healthy lives and reduce the risk of falls. All older residents, their friends, family and carers are being invited to attend a falls prevention event at Walthamstow Academy (Billet Road, E17 5DP) on Wednesday 30 October. The event runs from 1–4pm and residents and carers will be offered advice on preventing falls as well as diet and fitness tips that can help build strength and boost resilience. There will also be free Tai Chi sessions, which is known to improve strength and balance, free rubber tips for walking sticks, a 'sloppy slipper' exchange and free warmth packs and ice grippers for people in receipt of Pension Credit.

• **For more information about exercise and balance classes for older residents** phone Emma Tozer on 020 8539 8356 or email e.tozer@ageukwalthamforest.org.uk

Fact file

- If you've already quit smoking for Stoptober, well done! Don't forget to visit www.stoptober.smokefree.nhs.uk for hints and encouragement
- Why not visit one of Waltham Forest's newly-refurbished Leisure Centres to take your mind off smoking and start your new, healthier lifestyle? Visit www.walthamforest.gov.uk/betterleisure for more information
- Cigarettes contain over 4,000 toxic chemicals and around 50 of these cause cancer. The three main toxins are nicotine, carbon monoxide and tar
- Smoking kills about 80,000 people in England every year. That's almost enough to fill Wembley Stadium
- If you and your partner smoke 10 cigarettes a day, it will cost you an average of £2,400 a year
- Stopping at any age will increase your life expectancy, provided that you stop before you develop cancer or another serious disease. After five years of not smoking, your risk of having a heart attack falls to about half that of a smoker. After ten years, your risk of lung cancer falls to about half that of a smoker
- If you smoke, your children are twice as likely to smoke when they grow up
- People who use NHS support are up to four times more likely to quit smoking than those who try to stop alone

London Borough of Waltham

Cann Hall



Tunde
Davies



Liz
Phillips



Nicholas
Russell

Cathall



Naheed
Asghar



Shameem
Highfield JP



Terry
Wheeler

Chapel End



Paul
Douglas



Kieran
Falconer



Abu
Samih

Chingford Green



Thom
Goddard



Andy
Hemsted



Michael
Lewis

Endlebury



Matt
Davis



Peter
Herrington



Roy
Berg

Forest



Gerry
Lyons



Shabana
Dhedhi



Farooq
Qureshi

Grove Green



Khevyn
Limbajee



Anna
Mbachu



Chris
Robbins

Hale End & Highams Park



Paul
Braham



Sheree
Rackham



Darshan
Sunger

Hatch Lane



Laurie
Braham



Marion
Fitzgerald



Geoff
Walker

High Street



Liaquat
Ali



Clare
Coghill



Mahmood
Hussain

Your Co



Cllr Robbins,
Leader
of the
Council



Nadeem
Ali, Mayor
of Waltham
Forest,
2013-14

Higham Hill

High Street

Markho

Lea Bridge

Labour

Conservative

The Ca



**Chris
Robbins**
Leader of
the Council



**Clare
Coghill**
Cabinet
Member for
Children and
Young People



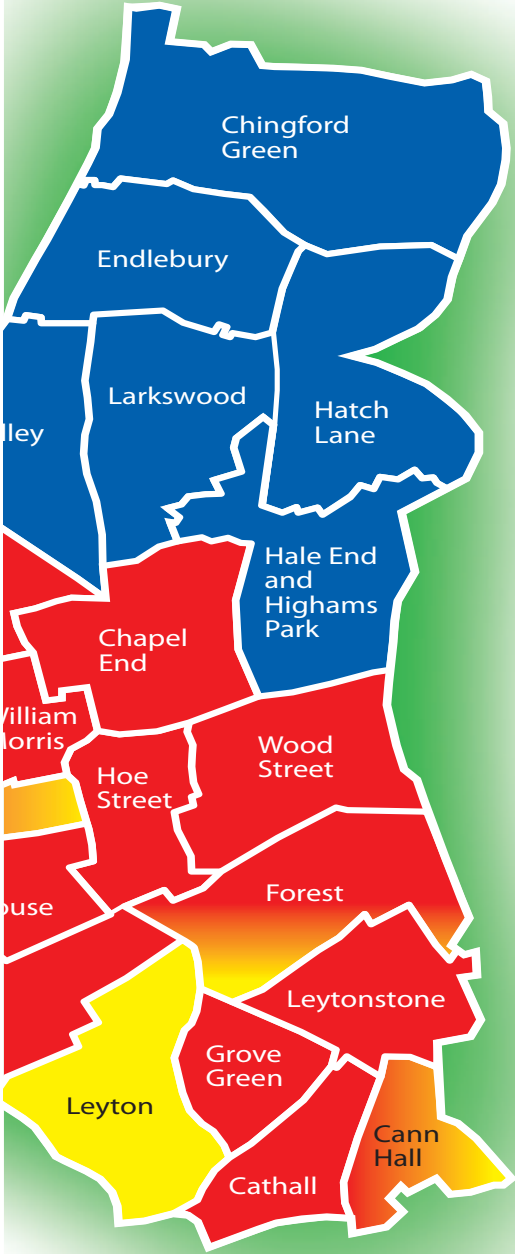
**Clyde
Loakes**
Deputy
Leader and
Cabinet
Member for
Environment



Ahsan Khan
Cabinet
Member for
Health and
Wellbeing



councillors



Liberal Democrat

Lab/Lib

Higham Hill



Karen Bellamy



Geoff Hammond



Haroon Khan

Hoe Street



Ahsan Khan



Saima Mahmud



Mark Rusling

Larkwood



Nick Buckmaster



Bernadette Mill



John Moss

Lea Bridge



Masood Ahmad



Afzal Akram



Elisabeth Davies

Leyton



Naheed Qureshi



Winnie Smith



Bob Sullivan

Leytonstone



Jenny Gray



Clyde Loakes



Marie Pye

Markhouse



Mohammad Asghar



Asim Mahmood



Ebony Vincent

Valley



Jemma Hemsted



Alan Siggers



Laurance Wedderburn

William Morris



Nadeem Ali



Raja Anwar



Geraldine Reardon

Wood Street



Peter Barnett



Angie Bean



Richard Sweden

abinet

Angie Bean
Cabinet
Member
for Adult
Services



Mark
Rusling
Cabinet
Member for
Economic
Development,
Corporate
Resources and
Employment



Liaquat
Ali MBE, JP
Cabinet
Member for
Community
Safety and
Cohesion



Marie
Pye
Cabinet
Member
for Housing



Waltham Forest

URINE TROUBLE NOW



**NAMED
AND
SHAMED**

**DON'T
MESS
WITH
WALTHAM
FOREST**

**£80
ON THE
SPOT FINE**

Urinating in public is not tolerated in Waltham Forest, it's disgusting and unhygienic so don't do it, use a toilet.




WALTHAM FOREST
Guardian

www.walthamforest.gov.uk/dontmess


Waltham Forest

BIN THE POO

**NAMED
AND
SHAMED**

**DON'T
MESS
WITH
WALTHAM
FOREST**

**£80
ON THE
SPOT FINE**



Not picking up your dog's mess is not tolerated in Waltham Forest, it's disgusting and a health hazard, so dispose of your waste in a bin.




WALTHAM FOREST
Guardian

www.walthamforest.gov.uk/dontmess


Waltham Forest

Highways

LONDON BOROUGH OF WALTHAM
FORESTPROPOSED PARKING AND WAITING
RESTRICTION AMENDMENTSThe Waltham Forest (Walthamstow
Market West CPZ) (Parking Places)
(Amendment No. *) Traffic Order 2013

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest propose to make the above-mentioned Order under sections 45, 46, 49 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended.

2. The general effect of the Order would be:

- (a) in **Maude Road**, on the south-east side, to:
- (i) shorten the existing shared use parking place opposite No. 2 Maude Road;
 - (ii) extend the existing disabled parking place outside Hammond Court;
 - (iii) extend the existing shared use parking place outside Hammond Court;
 - (iv) reduce the existing single yellow line waiting restrictions adjacent to No. 24 Blackhorse Road; and
- (b) in **Pretoria Avenue**, on the south-west side, to:
- (i) shorten the existing shared use parking place opposite Nos. 38 to 40;
 - (ii) shorten the existing shared use parking place opposite Nos. 30 to 34;
 - (iii) provide 3 disabled parking places opposite Nos. 24 to 28;
 - (iv) provide single yellow line waiting restrictions opposite Nos. 34 to 36; and
 - (v) reduce the existing single yellow line waiting restrictions opposite Nos. 20 to 24.

3. Copies of the Order, the Council's statement of reasons for proposing to make the Order and of plans showing the locations and effect of the Order can be inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks from the date on which the Order is made or the Council decides not to make the Order, at (a) the Information Desk, Town Hall, Forest Road, Walthamstow, E17 The Reception Desk and (b) the London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS.

4. Any person desiring to object to the proposed Order or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS, quoting reference T48, by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

For more information please telephone 020 8496 3000, quoting reference Traffic Orders – T48.

Dated 14th October 2013

Mr. K. Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS.

LONDON BOROUGH OF WALTHAM
FORESTPROPOSED WAITING RESTRICTION
AMENDMENTSThe Waltham Forest (Waiting and
Loading Restriction) (Amendment No.
*) Order 2013

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest propose to make the above-mentioned Order under sections 6 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended.

2. The general effect of the Order would be:

- (a) in **Francis Road** to reduce the existing double yellow line "at any time" waiting restrictions, on the north-east side, at its junctions with Lawton Road, Brunswick Road and Scott's Road;
- (b) in **New Road** to extend the existing double yellow line "at any time" waiting restrictions on the north-west side, north-east of its junction with Mapleton Road for a distance of 16 metres;
- (c) in **The Charter Road IG8 (both sides)** to introduce double yellow line "at any time" waiting restrictions outside the Woodford County High School for Girls;
- (d) in **Ashley Road** to extend the existing double yellow line "at any time" waiting restrictions on, the east side, at its junction with Westward Road;
- (e) in **Burnside Avenue** to extend the existing double yellow line "at any time" waiting restrictions on, (1) both sides west of its junction with Leonard Road; and (2) the north side east of its junction with Rowan Avenue;
- (f) in **Burnside Avenue** to provide new double yellow line "at any time" waiting restrictions on, (1) the south side opposite Nos. 1 to 15; (2) the north side, across the access road in between Nos. 23 to 27 and 31; (3) the south side, outside Chingford Hall Primary School; (4) the south side, opposite No. 51;
- (g) in **George Road** to reduce the existing double yellow line "at any time" waiting restrictions, (1) on the south side outside Nos. 1 to 10 Higham House; and (2) on the north side west of its junction with Chingford Mount Road;
- (h) in **Hazel Way** to extend the existing double yellow line "at any time" waiting restrictions at its junction with Maple Avenue;
- (i) in **Leonard Road** to reduce the existing double yellow line "at any time" waiting restrictions, (1) on both sides at its junction with Chingford Mount Road and (2) the north side, outside No. 69;
- (j) in **May Road** to extend the existing double yellow line "at any time" waiting restrictions on, the east side, adjacent to No. 66 Leonard Road;
- (k) in **Westward Road** to reduce the existing double yellow line "at any time" waiting restrictions on the south side, at its junction with Chingford Mount Road.
3. Copies of the Order, the Council's statement of reasons for proposing to make the Order and of plans showing the locations and effect of the Order can be

inspected during normal office hours on Mondays to Fridays inclusive until the end of a period of 6 weeks from the date on which the Order is made or the Council decides not to make the Order, at (a) the Information Desk, Town Hall, Forest Road, Walthamstow, E17 The Reception Desk and (b) the London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS.

4. Any person desiring to object to the proposed Order or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS, quoting reference T49, by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

For more information please telephone 020 8496 3000, quoting reference Traffic Orders – T49.

Dated 14th October 2013

Mr. K. Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS.

LONDON BOROUGH OF WALTHAM
FOREST

ROAD TRAFFIC REGULATION ACT 1984

The Waltham Forest (Prescribed
Routes) (No. *) Traffic Order 2013
T50

1. NOTICE IS HEREBY GIVEN that the Council of the London Borough of Waltham Forest (the Council) proposes to make the above-mentioned Order under sections 6 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended.

2. The general effect of the Order would be to introduce two way workings in:

(a) **Bateman Road**, between Chingford Mount Road and No. 1 Bateman Road; and

(b) **Westward Road**, between Chingford Mount Road and No. 1 Westward Road.

3. Plans of the proposed measures can be inspected during normal office hours

on Mondays to Fridays inclusive until a period of 21 days from the date on which this Notice is published, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) The Reception Desk, The London Borough of Waltham Forest, Low Hall, Argall Avenue, London, E10 7AS.

4. Any person desiring to object to the proposals or to make any other representation should send a statement in writing of either their objection and the grounds thereof or of their representation to Traffic Orders, Engineering Design, Low Hall, Argall Avenue, London, E10 7AS quoting reference T50 by the end of a period of 21 days from the date on which this Notice is published. All objections must specify the grounds on which they are made.

For more information please telephone 020 8496 3000 quoting reference Traffic Orders – T50.

Dated 14th October 2013

Mr. K. Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

Planning

Proposed development at 1a Belgrave
Road, Leyton, London E10 6LD

I give notice that Michael Richard Mansfield is applying to the Waltham Forest Council for planning permission to convert a double glazed casement window facing out of the back of the house from the first floor in to a Juliet balcony with french doors opening inward. Any owner* of the land or tenant** who wishes to make representations about this application should write to the (council) (secretary of state) at Sycamore House, Forest Road, London. E17 4JF by Monday the 28th October 2013. * "owner" means a person having a freehold interest or a leasehold interest the unexpired term of

with is not less than 7 years, or, in the case of development consisting of the winning or working of minerals, a person entitled to an interest in a mineral in the land (other than oil, gas, coal, gold or silver). ** "tenant" means a tenant of an agricultural holding any part of which is compromised in the land.

LONDON BOROUGH OF WALTHAM
FORESTTOWN & COUNTRY PLANNING
(DEVELOPMENT MANAGEMENT
PROCEDURE) (ENGLAND) ORDER 2010
– NOTICE UNDER ARTICLE 13

NOTICE IS HEREBY GIVEN that the following application for planning permission has been made to the Council for which additional publicity is required.

APPL. NO 2013/1456
APPLICANT Mr & Mrs J McMeekin
Mr & Mrs J Isaacs

ADDRESS 55-57 The Ridgeway
Chingford
E4 6QW
PROPOSAL

Proposal Demolition of existing buildings and construction of four storey block of 12 flats (6x1bed, 6x2 bed) with associated car and cycle parking, refuse and recycling and landscaping.

The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. – 5.00p.m. Monday to Friday. Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

Dated this day
14th October 2013

David Scourfield, Head of Development Management & Building Control on Behalf of London Borough of Waltham Forest

Waltham Forest News
advertising

Did you know Waltham Forest News has a circulation of 110,000 – Advertising has never been so effective?

For further information on the different advertising opportunities available please call 020 8496 3000 (press option 6) and ask for Luke Chetwynd or email: advertisingwfn@walthamforest.gov.uk

What to do when someone you know dies....

We appreciate that this can be a difficult time. Registration Services are here to make the process easier for you.

You will need to:

- Register the death within five days
- Make an appointment to register the death. You can do this by telephone on **020 8496 3000**
- Bring along the medical cause of death certificate (provided by the doctor)
- Bring along the date of the death and the deceased's full name and date of birth
- Be the next of kin or the person dealing with the deceased's estate

The Registrar will:

- Confirm the deceased's details with you
- Issue you with the death certificate (fee payable)
- Give you a unique reference number for 'Tell Us Once'
- Provide information on funeral arrangements

What is 'Tell Us Once'?

The Tell Us Once service was introduced on 25 September. Once the death has been registered, you will be provided with a unique reference number that you can then use when you contact other organisations that need to be informed of the death.

Some organisations that you may need to inform:

Government Departments

- Department of Work and Pensions
- HM Revenues and Customs
- Identity and Passport
- The DVLA (Driving Licence)

Local Council Services

- Adult Services
- Council Housing
- Council Tax Benefit
- Freedom Pass
- Libraries
- Blue Badge
- Council Tax
- Electoral Services
- Housing Benefit

You can do this in two ways:

Online:

- The online service can be accessed through the Gov.uk bereavement website at **www.gov.uk/tell-us-once**. You will need to have the unique reference number given to you by the Registrar.

By Telephone:

- Please call the Department for Work and Pensions on **0800 085 7308**. The lines are open Monday to Friday between 8am and 6pm.

This number is free to call from a BT landline, but other providers, including mobile phone providers, may charge you. If you don't speak English, call **0800 085 7308** and an adviser and an interpreter will call you back and help you.



HM Government

